



UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2010

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen.

You may use a soft pencil for any diagrams or graphs.

Do not use staples, paper clips, highlighters, glue or correction fluid.

DO **NOT** WRITE IN ANY BARCODES.

Section A

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer **all** questions.

Section C

Answer **either** Question 8(a) **or** 8(b).

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	

This document consists of **14** printed pages and **2** blank pages.



Section A

Answer **all** questions.For
Examiner's
Use

- 1 (a) List the **three** elements which combine to form fat.

1 2
3 [3]

- (b) State **three** functions of fat.

1
2
3 [3]

- (c) Give **three** facts about each of the following and give **one** example of each.

Saturated fat

.....
.....

Example [2]

Monounsaturated fat

.....
.....

Example [2]

Polyunsaturated fat

.....
.....

Example [2]

.....[5]

.....[4

1[3]
2
3
4
5
6[3]

- 2 (a) Explain the importance of Non-Starch Polysaccharide / NSP (dietary fibre) in a healthy diet.

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.....[4]

- (b) Name **four** good sources of NSP.

1 2

3 4

[2]

- 3 Discuss **four** uses of water in the body.

1

.....

2

.....

3

.....

4

.....[4]

[6]

[Section A Total: 40]

Section B

Answer **all** questions.

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- 5** The following ingredients can be used to make shortcrust pastry:

200 g flour
100 g fat
pinch of salt
approx. 8 teaspoons of water

- (a)** Give advice on the choice of flour and fat for shortcrust pastry.

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.....[5]

[6]

1 2
3 4 [2]

(i) pastry shrinks during baking;

1

2

(ii) pastry is hard and tough.

1

2[2]

6 Write an informative paragraph on each of the following:

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Use

(a) reasons for cooking;

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.....[5]

(b) advantages and disadvantages of frying;

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.....[5]

(c) saving time when preparing and cooking family meals.

For
Examiner's
Use

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.....[5]

7 Describe and explain the changes which take place when:

(a) meat is cooked by a moist method;

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.....[5]

(b) a loaf of bread is baked;

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.....[5]

.....[5]

[Turn over
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OR

[illegible]

[Total for Paper: 100]

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